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Congresswoman Matsui Announces \$100,000 Federal Award to Sacramento State University

Funds will Support Sacramento State's Suicide Prevention and Mental Wellness Initiative

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SACRAMENTO, CA – Congresswoman Doris O. Matsui (CA-05) today announced that the California State University, Sacramento has received a \$101,935.00 grant from the Department of Health and Human Services (HHS). □ The grant will support Sacramento State's university-wide suicide prevention and mental wellness campaign, *Be Well*

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“With suicide being one of the highest causes of death among college students, this grant couldn't be more important,” said Congresswoman Doris O. Matsui. □ “It is critical that students understand that not only is there help available, it is okay to ask for it. □ These funds will allow Sacramento State to educate students, faculty, and staff about the mental health resources available to them, both on and off campus.” □

The *Be Well* program aims to create a culture of wellness at Sacramento State. □ With the grant funding provided by HHS, the program will increase awareness and use of mental

health resources, implement a training program to train and familiarize audiences with suicide prevention awareness, intervention, and referral, and create a suicide prevention web presence. As part of its outreach, the *Be Well* program will work to reduce the stigma of seeking help for mental health.

“Over the past two years, Sacramento State has completely transformed its counseling center and has strengthened its partnership with the county’s mental health agency,” said Dr. Lori Varlotta, Vice President for Student Affairs at California State University, Sacramento. “This HHS grant further assists our suicide prevention program and is really the icing on the cake we have been waiting for.”

Funding for this grant comes to Sacramento State through the Substance Abuse and Mental Health Service Administration (SAMHSA), which addresses priority substance abuse treatment, prevention and mental health needs of regional and national significance. Through this grant, SAMHSA funds are used to increase the capacity of targeted response programs and integrate mental health into primary care services.

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